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**EPIC TALE OF
HIGHS, LOWS AND
REDEMPTION**

CANADIAN FIRM STRIKES A
\$4.7-BILLION US DEAL TO
TAKE OVER THE EMBATTLED
BLACKBERRY **PAGE 13**

**Keeping an
eye on Kenya**

Amid reports a Canadian was
among the attackers, Prime
Minister Stephen Harper denies
that homegrown terrorism is a
'mass phenomenon' **PAGE 8**



LIVE 88.5 FM



Ottawa police officers salute as pallbearers carry Connor Boyd's casket from Cedarview Alliance Church. Boyd, 21, was killed in the collision between an OC Transpo bus VIA train on Sept. 18. Inset: Rob and Karen Boyd, centre, leave the church in Barrhaven Monday afternoon following the funeral.

JOE LOFARO/METRO

Boyd remembered as 'bright,' 'terrific guy'

Ottawa bus crash.
Moving funeral the
first of six services
planned for victims
over this week
and next



**JOE
LOFARO**
joe.lofaro@metronews.ca

More than 500 mourners
gathered at a Barrhaven
church Monday morning to

celebrate the life of Connor
Boyd, who was killed in last
Wednesday's train and bus
crash.

Family, friends, city coun-
cillors and Ottawa Police Chief
Charles Bordeleau paid tribute
to the 21-year-old Carleton
University student inside the
Cedarview Alliance Church.

His dad, Rob Boyd, spoke
about Connor's witty sense of
humour and tendency to sing
in front of others.

Four other passengers
and the bus driver were also
killed in the collision near Fal-

lowfield Road and Woodroffe
Avenue, where the Transitway
and VIA Rail line meet. Their
funerals are also planned for
this week and next.

In his eulogy, Boyd's father
spoke highly of his son as
people wiped tears from their
cheeks and exchanged hugs.
Amid the sadness the mourn-
ers were still able to share a
laugh, though, when Con-
nor's friends read aloud some
humorous excerpts from his
journal.

His father reminisced
about spending time with his

son, watching The Simpsons
and Disney Pixar films. He
said Connor would often talk
to bus drivers when he board-
ed and probably would have
said hello to Dave Woodard,
the bus driver who was killed
in the crash.

Following the service
Doreen Steidle called Boyd "a
terrific guy."

She was Canada's consul
general in Hong Kong when
Boyd taught English there
for nine months in 2010 and
2011.

"Kids just love him because

he had that bright spark," said
Steidle. "In the ceremony to-
day there was so many anec-
dotes of his sense of humour.
Quotes from his journal that
had the crowd just laughing
while they were crying.... It's a
real loss for all of us."

As the pallbearers emerged
from the church carrying the
casket, 15 Ottawa police offi-
cers stood and saluted them,
with the sound of their motor-
cycles filling the silence. The
motorcade then led the fu-
neral procession from the
church onto Cedarview Road.

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Feds ask university to study safety of railway crossings

Change is coming.

Before study completed, new federal rail safety rules expected to be in place 'this year,' says transport minister

The federal Transport Department wants experts at an Ontario university to study the safety of level crossings.

The call for a study follows a horrific crash in Ottawa last week involving an OC Transpo bus and a VIA Rail passenger train.

Six people died and more than 30 were injured when the bus slammed into the train after going through a safety barricade.

A funeral for one of the victims, 21-year-old Carleton University student Connor Boyd, was held Monday.

The two-year, \$120,000 study will look into whether there are better ways for inspectors to assess the potential

dangers of railway crossings.

It will gauge the effectiveness of a computer program called GradeX, used by inspectors to evaluate risks at level crossings and identify ways to improve safety.

The contract tender identifies GradeX as "a one-of-a-kind, customized decision-support tool for railway safety inspectors to evaluate risks at grade crossings and identify cost-effective safety improvement strategies."

The department said the University of Waterloo is the intended recipient of the contract because it's the only known agency in North America with the specialized knowledge and expertise needed.

"The research team consists of both established and new researchers with extensive expertise in the fields of road and railway safety," says the advance contract award notice.

"They have been working on the issues related to highway-railway crossings over a decade and have already es-



Passengers and emergency workers are seen in this photo taken last week immediately after a horrifying crash that occurred where a level crossing meets the Transitway. In the wake of the crash the federal Transport Canada wants experts at an Ontario university to study the safety of level crossings. TERRY PEDWELL/THE CANADIAN PRESS

tablished a reputation both in Canada and internationally."

Researchers will look at historical data on train collisions at Canadian crossings, investigate ways to prevent future

accidents and determine how much it'll cost to implement new safety measures.

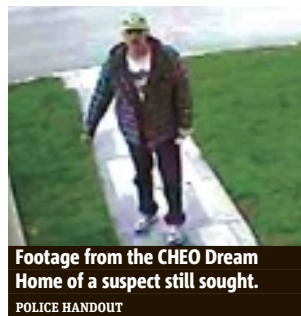
"The end goal is to reduce the injury and fatality rates at railway grade crossings," says

the tendering document.

Other universities or firms which feel they meet the study criteria have until Oct. 9 to bid for the contract.

THE CANADIAN PRESS

Arrest made after break-in at CHEO Dream Home



Footage from the CHEO Dream Home of a suspect still sought. POLICE HANDOUT

Police have arrested an Ottawa man in their investigation into a burglary at the CHEO Dream Home.

Organizers of the Children's Hospital of Eastern Ontario's Dream Home fundraising draw were shocked to discover Sept. 16 that the backyard of the prize house at 532 Bridgeport had been broken into and pillaged.

Numerous pieces of

furniture and accessories, including a barbecue, all worth about \$6,000 were stolen.

Robert Armstrong, 44, was arrested, charged with two counts of break-and-enter and was remanded into custody.

Police said in a news release their investigation is ongoing in order to apprehend a second suspect.

The second suspect is described as white, male, 35 to 50 years old, medium height and weight, with a moustache and possibly a beard. Police said he was wearing black pants, white running shoes, a green/black checkered jacket and a green baseball cap.

Anyone with information is asked to contact the Ottawa Police Service at

613-236-1222, ext. 2635 or phone Crime Stoppers at 613-233-8477(TIPS) or toll free at 1-800-222-8477.

SEAN MCKIBBON/METRO

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1 NEWS



On Sept. 30, proponents of a supervised injection site will host a mock site at 216 Murray St., pictured, in an effort to clarify for the public what such a facility would entail.

MOLLY AMOLI K. SHINHAT/FOR METRO

Backers aiming to demystify supervised injection sites

Addiction treatment. Ottawa doctor plans mock clinic as he and others continue to lobby for a local facility

The battle over a proposed supervised injection site in Ottawa heated up Monday with one city councillor saying a Vancouver-style solution won't be considered, while a local doctor said the issue is one of health and should not be in the hands of police and politicians.

"People don't really under-

stand what a supervised injection site is," said one of the proponents of the proposal, Dr. Mark Tyndall, chief of infectious diseases at the Ottawa Hospital.

With partners including the Campaign for Safer Consumption Sites, he plans to run a mock supervised injection site on Sept. 30 at 216 Murray St. that he hopes will demystify the concept.

Tyndall, the Sandy Hill Community Medical Centre and several other supervised injection proponents have asked Health Canada for a necessary exemption to federal drug laws.

If the Ottawa proposal were approved, it would be the second such site in Canada.

Tyndall headed up the evaluation team for the Insite project in Vancouver. With the Ottawa Hospital, he rents a research site at 216 Murray, though he does not suggest that's necessarily where the proposed site should be located.

Rideau-Vanier Ward Coun. Mathieu Fleury called the issue "polarizing" and said the city had been clear in its opposition to considering the idea.

"People might land wherever on this issue, but I hope if it goes forward, that they align

with our vision of decentralizing the services from an area," Fleury said, adding he hopes it would not be located in or near the ByWard Market.

"There's a lot of grey around this issue," he said, noting the group proposing the site has not said how it would fit into the city's decentralization policies and homelessness plan going forward.

Tyndall countered that "any other health-related intervention wouldn't go under this kind of scrutiny." He noted the mayor and police would not interfere in a push to create a facility for men with prostate

cancer.

On Health Canada's possible rejection of the proposal, Tyndall was adamant.

"The Supreme Court won't hear this again. They've already ruled on it," he said. If the proposal is rejected, "we're in a good position to say, 'You're overruled (by the 2011 Supreme Court decision that permitted Insite to stay open).'"

Tyndall hopes that the mock clinic increases public understanding of the role played by supervised injection sites.

Fleury said he doesn't plan to visit the mock clinic.

MOLLY AMOLI K. SHINHAT/FOR METRO

CSCS

One clinic? Try two: Advocate

An organizer with the community group Campaign for Safer Consumption Sites (CSCS) says Ottawa needs two supervised injection sites, but not necessarily the same kind of facility as the one pioneered in Vancouver.

"Ottawa needs an Ottawa solution," said Greg Cameron, "but I don't think that discounts the need for a supervised consumption site here."

The group will be releasing a report on Sept. 30 at a planned mock supervised injection site. The event will feature speakers and a demonstration.

Two supervised injection sites are needed in Ottawa, Cameron added, referring to the 2012 Toronto and Ottawa Supervised Consumption Assessment Study.

"I think it's a shame that the Conservative government continues to attack supervised injection sites," he said.

Over the last year, CSCS has engaged in community outreach and completed two door-to-door surveys in Lowertown.

"Over 70 per cent support a site in the city," Cameron said, but his figure only includes 115 people who agreed to speak with canvassers and not the opinions of those who refused to speak. "That gives us a mandate to go to politicians and say, 'Look, this is something the community is demanding so it's time for political action.'"

Cameron sees this as a "simple extension" of existing needle-exchange programs that "would help take drug use out of your backyard."

MOLLY AMOLI K. SHINHAT/FOR METRO



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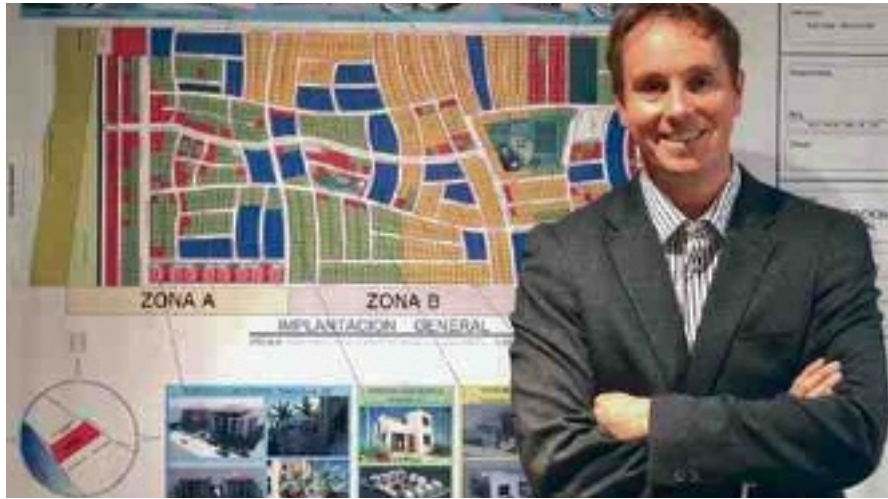
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morning, meet tribal elders at an Amazonian jungle resort in the afternoon and finish the day with a seafood dinner in an oceanfront restaurant? One of the most bio-diverse places on the planet, Ecuador is the ideal location for outdoor activities such as all types of water sports, biking, fishing, hiking and nature-gazing. Need a fix of culture and culinary wonders? The capital city Quito, perched among volcanoes in the Andes mountains at 9,350 feet boasts the UNESCO World Heritage colonial district, with architecture, restaurants and nightlife that rival the best of European cities.

Fantastic climate

The climate in Ecuador is ideal all year long, without the extreme wet seasons that are common to the tropics. Being located on the equator, the country never experiences the devastating hurricanes and major tropical storms that are commonplace in regions such as Mexico and Florida. The average temperature varies between 23C and 28C and the water temperature in front of Mirador San Jose is 23C or more, throughout the year.

Excellent investment

In addition to all the great lifestyle advantages of being in Ecuador, it is also an incredible investment opportunity

not to be overlooked. "We have many property owners that missed the Costa Rica boom and are very pleased to find that it's still possible to acquire a property in an oceanfront development such as ours," says Gordon Poole, co-owner of HolaEcuador. "In fact, real estate prices in Ecuador match those of Costa Rica of 15 years ago." Indeed, many people dream of owning a property in the tropics, but the capital costs can be significant. Property in Ecuador, however, is absolutely within the reach of many Canadians' budget. Ecuadorians enjoy the lowest cost of living in all of South America, a high standard of living and a stable, democratic government.

Owning property at the Mirador San Jose is ideal for those looking to diversify their investment portfolio. The value of the lots at the development has increased on average by 45 per cent over the last two years. And there are no taxes on capital gains on the occasional sale of properties in Ecuador, even for second and third residences, which makes investing in Ecuadorian real estate and interesting alternative to the stock markets. Further, property owners can take advantage of the property value increase while generating rental income.

Welcome to Mirador San Jose

Mirador San Jose is located 60 kilometres south of Eloy Alfaro International Airport in the port city of Manta and just minutes north of Machalilla National Park, a spectacular jungle and marine park. Accessible by the Ruta del Sol, a brand new highway built specifically to cater to the region's growing tourist population, Mirador San Jose consists of over 1600 lots on a 130-acre, master planned, gated beachfront property.

The development features all basic services (water, sewage, electricity) running underground, as well as domestic waste and sewage recycling, high speed Internet, plenty of parks, playgrounds and recreational areas with tennis courts, soccer field and swimming pools. Further, there are three sectors within the development zoned for restaurants, bars, shops, boutiques, cafés, grocery stores and a medical centre. "You're not buying a cottage lot; these are full ownership properties in a resort town," says Mr. Poole. "Fully serviced lots a short 10-minute walk from the beach are available for under \$15,000. It's very difficult to find this

value and quality elsewhere in the world, which is why our properties are sell-ing quickly. Of the 700+ homes sites sold to date, more than 450 have been purchased by Canadians, and the remainder mainly by Ecuadorians. Since September 2012 alone, 60 home sites have been snapped up by Ottawa-Gatineau residents."

Once clients have secured their lot, HolaEcuador will help them build the beach home of their dreams. "We offer many home models for all tastes and budgets," says Mr. Poole. "We also offer custom house and condominium design services. Our architects and engineers work with clients to make their dream house a reality, at prices that are a fraction of what they would pay in North America. Luxurious homes can be built in Ecuador for US\$75 to \$95 per square foot. We have nice little two-bedroom bungalows that are available for only \$55,000 and larger, two-story luxurious homes with private pool available for \$161,900 — land and taxes included!"

HolaEcuador Property Development Inc.

HolaEcuador Property Development Inc. is owned and operated by Canadians with offices in Trois-Rivières and Gatineau, QC and Manta, Ecuador, with regional sales representatives across Eastern Canada. Co-owner Gordon Poole lives in the Ottawa area and makes frequent visits to the Mirador San Jose project, where a team of Canadian and Ecuadorian professionals are permanently located.

"Nearly half of our clientele comes from referrals from existing customers, which demonstrates how excited property owners are to be part of this community" says Mr. Poole. "Our property owners vary from adventurers in their 20s to pre-retirees in their 40s and 50s who are buying property now, while it's still affordable. Some intend to use their property for vacationing only, while others are planning to use it as a rental income investment. Certain clients see property ownership in Ecuador as means to stretch their vacation and investment dollars further, while others are simply looking to escape the cold winters. Here in Ecuador you can do both."

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New 526-km bicycle ride honours fallen paramedics

Monument. Organizers hoping to raise money for a Canadian Paramedics memorial

Cyclists from Canada and the U.S. rode into town Monday evening after a gruelling 526-kilometre ride to commemorate Canadian paramedics who died in the line of duty.

"Everybody's ecstatic," said Martin Masse, one of the riders and a public information officer with Ottawa Paramedics.

"We've had some weather extremes on Saturday. We rode for seven hours in the rain, from start to end," said Masse, speaking by phone from Manitowick earlier.

The ride that began at Queen's Park, Toronto, last Fri-

day, was open to anyone, but most are paramedics.

It has been "a monster success" Masse said. Inspired by the U.S. National EMS Ride where cyclists ride from one location where a paramedic died to another, the goal is to raise \$5 million for a memorial statue.

Since 1988, 36 paramedics, either working in civilian or military emergency services, have died in the line of duty, Masse said. Land mines and other dangers of working in conflict zones have led to military paramedics' deaths, Masse added. On the civilian side, "a straight traffic accident" can cause a death, or "a dangerous situation, a structural fire, or a violent situation," he said.

Donations are accepted at paramedicride.ca.

MOLLY AMOLI K. SHINHA/FOR METRO

Details

- The Canadian Paramedic Memorial Ride came about with the help of the Canadian Benevolent Society.
- Paramedics have the second highest injury rate in Canada, second only to foresters and crab fishers.
- The event has been dedicated to the crew of the ORNGE helicopter crash of last May in northern Ont.
- Some 76 per cent of paramedic deaths in the line of duty happened during transportation or while on the scene of crashes.



Paramedics Ken Martin, left, and Martin Masse stand in front of city hall Monday afternoon after finishing a 526-kilometre bike ride from Queen's Park in Toronto to Ottawa to commemorate Canadian paramedics who have died in the line of duty. **JOE LOFARO/METRO**

Memorial Run to Remember tribute to peace officers, families



SEAN MCKIBBIN
sean.mckibbin@metronews.ca

Shortly before paramedics finished a memorial bike ride Monday, Ottawa police talked about preparations for a memorial run to remember fallen peace officers.

In its eighth year, the National Peace Officers' Run to Remember will see a core group of 250 Ontario peace officers run a series of 10-kilometre relays between Toronto and Ottawa over three days from Sept. 26 to 28.

Their route will take them along Highway 2 and to communities that include Coburg, Kingston, Brockville and finally Ottawa.

"It started in 2005 with of-

ficers from Peel," said Ottawa Police Staff Sgt. Gina Rosa, who has participated in co-ordinating the Ottawa force's participation in the run since 2006. An avid runner herself, Rosa said participating in the run, which also includes border guards, correctional officers and members of the public, is a moving experience, taking runners through beautiful quiet spaces and also allowing police forces to engage with the public.

"You see the flashing lights of the cruisers when you are running and their memories are with you," she said of her thoughts of fallen peace officers, such as Ottawa police Const. Eric Czapnik. Czapnik's family will join the final leg of the run.



Staff Sgt. Gina Rosa, left, poses with members of the Ottawa police's National Peace Officers' Run to Remember, a 460-kilometre relay run starting in Toronto and moving through various Ontario communities, ending in Ottawa Sept. 28 on Parliament Hill. **SEAN MCKIBBIN/METRO**

Rosa said proceeds of the fundraising run went to help families such as Czapnik's. Rosa (@ginarosa16) and Ot-

tawa police spokesman Chuck Benoit (@Ottpolice-Media) will be tweeting as they run.

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Canada keeping a close eye on Kenya after 'cowardly' attack

Local connection? Amid reports a Canadian was among the attackers, PM Harper denies homegrown terrorism is a 'mass phenomenon'

Canada will continue to work with its international partners to confront terrorism, and will focus on the group responsible for the "cowardly" attack on a shopping mall in Kenya, Prime Minister Stephen Harper said Monday.

Two Canadians are among the 62 confirmed fatalities in the Nairobi raid and hostage-taking by the Somalia-based, al-Qaida-linked group al-Shabab. More than 175 people were injured in the assault that began Saturday and remained unresolved Monday afternoon.

An early, unconfirmed re-

port claimed a Canadian was among the "mujahedeen" who staged the attack.

The prime minister, at a press conference with his visiting Italian counterpart Enrico Letta, refused to comment directly on the report, and dismissed the suggestion that Canada may be vulnerable to homegrown terrorism.

"I'm not worried about such a thing as a mass phenomenon," Harper said, "but obviously there are always cases that we follow very closely and work with our international partners on. We have had, as you know, a series of legislation on anti-terrorism to give our police and security forces various tools to deal with the phenomenon."

Officials have confirmed that diplomat Annemarie Desloges was one of two Canadians killed when gunmen opened fire with AK-47s and threw grenades at Nairobi's upscale Westgate mall, a venue



Security personnel keep watch as Prime Minister Enrico Letta of Italy arrives at Parliament Hill on Monday, while in the background a flag flies at half-staff in honour of Canadian Foreign Service officer Annemarie Desloges, who was killed in Kenya's deadly mall attack. FRED CHARTRAND/THE CANADIAN PRESS

frequented by expatriates and wealthy locals. Media reports identified Vancouver businessman Naguib Damji as the other

Canadian victim.

Harper said Canada and its allies abroad are monitoring the situation, and he once

again extended his condolences to the families, friends and colleagues of the victims.

THE CANADIAN PRESS

One in critical condition

Canadian teens among injured: Aunt

A Minnesota woman says her two nieces — both Canadian citizens — were seriously injured in the terrorist attack on a Kenyan shopping mall.

Hodan Hassan says her nieces — Fardosa Abdi, 17, and Dheman Abdi, 16 — were shopping when the siege started.

She says Fardosa is in critical condition after undergoing two surgeries for severe leg injuries, while Dheman had a bullet break her leg and an explosion injure her arm.

THE CANADIAN PRESS

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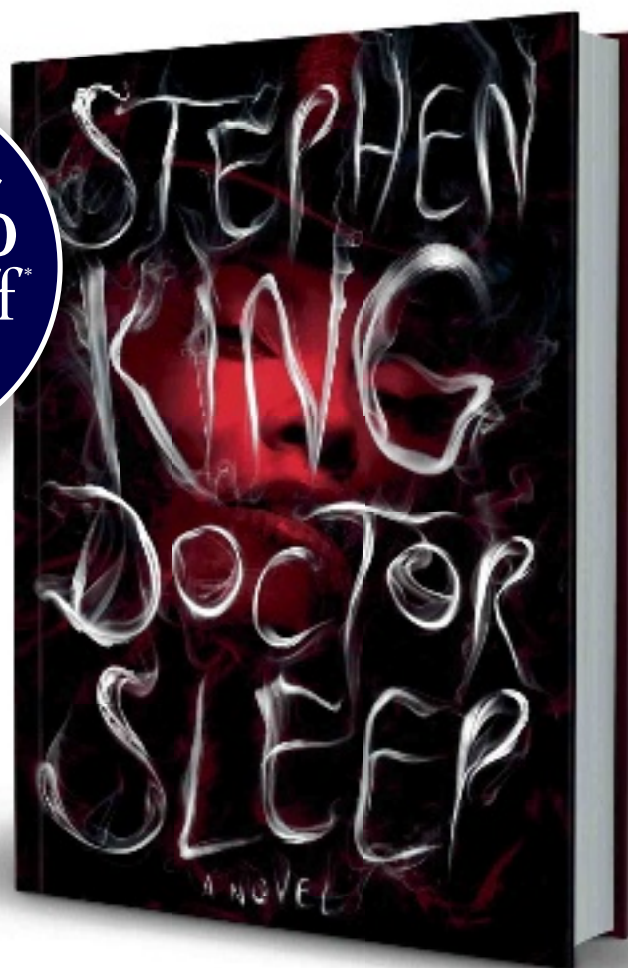
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Grades 9-10. 11 suspects charged in alleged Saskatchewan hazing

RCMP have charged 11 people in connection to an alleged hazing at a rural Saskatchewan party that left high school students injured.

Police issued a total of 34 charges in the incident near the town of Lanigan, including assault with a weapon and assault causing bodily harm on victims in grades 9 and 10.

The initiation ritual allegedly included what Mounties describe as "padding" victims with a "modified" goalie hockey stick and pouring chocolate syrup, flour and eggs onto them.

A number of the victims — all of them boys — were bruised, while one suffered muscle damage to his leg and buttocks.

"There are five victims known to us. We do believe there are more," RCMP spokesman Sgt. Craig Cleary said on Monday.

The incidents allegedly occurred at what RCMP called a "freshie party" on Sept. 6 in a field about four kilometres

Anti-bullying plan

Greg Miller, assistant deputy minister of the Saskatchewan Ministry of Education, said concerns about hazing were identified during consultations with the public this past summer as part of an anti-bullying plan, which should be completed this fall.

southeast of Lanigan, east of Saskatoon.

All of the teenaged suspects are also male. More charges could be laid if additional victims come forward, Cleary said.

The investigation has been hampered, Cleary said, by weak co-operation from those involved.

"The co-operation from the families of potential victims isn't quite the same as from the ones that have stepped forward," he said.

MARCO VIGLIOTTI/METRO IN REGINA

Former top-court judge to back values charter

In defence of equality. Claire L'Heureux-Dubé says face of females in Muslim world is increasingly uncovered

A former Supreme Court of Canada judge who claims she sees more veiled women in Quebec than in her travels to Muslim countries such as Pakistan and Morocco is expected to line up behind the Parti Québécois' charter of values and lend her legal credibility to the proposed ban on religious clothing in the public service.

The province's minority government argues that its initiative will bring to heel a growing wave of unreasonable faith-based exceptions from societal and workplace rules, guarantee equality of the sexes in the province and reinforce the religious neutrality of the state.

The many critics in the political, legal and academic arenas warn the proposal would violate religious freedoms already enshrined in Canadian and Quebec charter rights and inevitably be ruled unconstitutional.

But Claire L'Heureux-Dubé, who sat on the country's top court from 1987 until 2002, argued in a lengthy May 2013 radio interview that some rights are more fundamental than others and that, in Canada, the right to equality trumps religion.

"My vision is that there are fundamental rights. The right to live is fundamental. There is no accommodation ... equality is the same thing," she told Radio-Canada host Michel Lacombe.

"Freedom of expression and freedom of religion are another thing. They are civil liberties that can be reduced by what is reasonable in a free and democratic society."



Supporters march in Montreal on Sunday during a demonstration in favour of the Quebec values charter. GRAHAM HUGHES/THE CANADIAN PRESS

L'Heureux-Dubé said that in travels abroad for legal conferences, she has noticed that the face of females in the Muslim world is increasingly one that is

uncovered.

"There are more uncovered faces in Pakistan and Morocco and all those places than there are here." TORSTAR NEWS SERVICE

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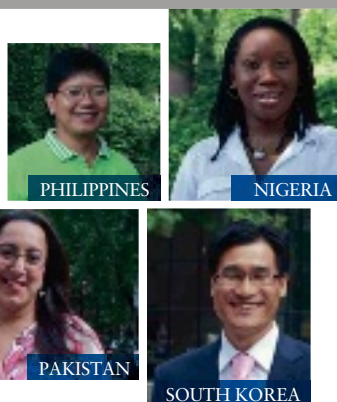
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Egyptian court bans Muslim Brotherhood, seizes group's assets

Crackdown. Security forces have arrested some 2,000 members, including senior figures and a swath of group's middle ranks

An Egyptian court on Monday ordered the Muslim Brotherhood to be banned and its assets confiscated in a dramatic escalation of a crackdown by the military-backed government against supporters of the ousted Islamist president Mohammed Morsi.

The ruling opens the door for a wider crackdown on the vast network of the Brotherhood, which includes social organizations that have been key for building the group's grassroots support and helping its election victories. The



A protester ransacks the Muslim Brotherhood headquarters in Cairo in this July 1 file photo.

THE ASSOCIATED PRESS

on Egypt's state official news agency MENA.

The Brotherhood was outlawed for most of its 85 years in existence. After the 2011 ouster of Hosni Mubarak, it emerged to work openly, opening a formal headquarters and forming a political party for the first time, and rose to power in a string of post-Mubarak elections. Still, its legal status remained hazy. In March, it registered as a non-governmental organization, but its entire network was not brought under the association's aegis.

Abdullah el-Moghazi, a former lawmaker, said that after Mubarak's ouster, the Brotherhood was not formally unbanned, but that the military leaders "turned a blind eye" allowing it to create a political party without formalizing its legal status.

THE ASSOCIATED PRESS

verdict banned the group itself — including the official association it registered earlier this year — as well as "any institution branching out of it or ... receiving financial support from it," according to the court ruling, made public



Pussy Riot member starts hunger strike in prison

Imprisoned Pussy Riot punk band member Nadezhda Tolokonnikova — seen behind bars at a district court in Russia in April — says she is beginning a hunger strike to protest harsh working conditions and threats to her life. In a letter on the group's blog, Tolokonnikova says inmates in her prison are forced to work up to 17 hours a day in a shop that makes police uniforms. THE ASSOCIATED PRESS FILE

Russia

Top Islamic cleric protests order to outlaw Qur'an translation

Russia's top Islamic cleric has protested a provincial court order to declare a translation of the Qur'an as extremist and to destroy it.

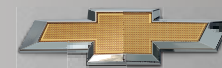
Ravil Gainutdin, the head of the Council of Muftis of Russia, said in an open letter to President Vladimir Putin released Monday that the ruling was "illiterate" and "provocative."

The Qur'an is available in Russian translation, but the court last week ruled that the translation by Elmir Kuliyev published in Saudi Arabia in 2002 violated federal law banning extremist materials.

Gainutdin said that the "Russian Muslims were appalled by the neglect of law shown by the court" in the Black Sea port of Novorossiisk and demanded that the verdict be revoked.

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'Bargain hunter' billionaire behind BlackBerry bid

From CrackBerry to discount bin. Prem Watsa is backing the \$4.7B deal that could breathe life into moribund company

Less than seven weeks after stepping down from the board at BlackBerry, billionaire investor Prem Watsa emerged Monday as the face behind a \$4.7-billion US deal to save the Canadian tech giant.

Often referred to the Warren Buffett of Canada for his investment choices, Watsa is now in the spotlight for helping broker the potential sale of the struggling smartphone maker.

"He's obviously a value investor. He's a bargain hunter but not in the classic short-term sense," said Eric Kirzner, a professor of finance at the Rotman School of Management at the University of Toronto.

"Like Buffett, he likes to acquire great companies at bargain prices and hold them for a long time and sometimes gets actively involved."

Watsa, who heads insurance firm Fairfax Financial, is leading a consortium that will acquire all the outstanding shares of the Waterloo, Ont.-based BlackBerry for \$9 US per share. Toronto-based Fairfax is already the struggling smartphone maker's largest shareholder, owning about 10 per cent of the stock.

Watsa joined the board at



Fairfax Financial Holdings offered Monday to buy BlackBerry in a deal that values the company at about \$4.7 billion US. THE ASSOCIATED PRESS FILE

Buy low, sell high?

"Like Buffett, he likes to acquire great companies at bargain prices and hold them for a long time."



Eric Kirzner, a professor at the Rotman School of Management at the University of Toronto, on Prem Watsa's investment style. Watsa is pictured at right.

BlackBerry in January 2012 following a shakeup at the executive level with the departures of BlackBerry co-CEOs Jim Balsillie and Mike Lazaridis and their replacement in the top job by current CEO Thorsten Heins.

At the time, the Fairfax chairman and chief executive said that a turnaround for the maker of smartphones that

were once so popular they were known as CrackBerrys would take upwards of three to five years.

Kirzner said the timing of this deal is questionable, considering that it's been less than two years since Heins took over.

Since then, the company has slashed staff, with some 4,500 employees — 40 per cent of the remaining workforce — being let go in the latest job cuts announced last Friday.

In the same announcement, BlackBerry said it would face a writedown of nearly \$1 billion when it reports its latest quarterly earnings this Friday.

The news sent the stock plummeting, down 16 per cent to close at \$9.08 Friday on the Toronto Stock Exchange. It was unchanged Monday.

"This is interesting but hardly definitive at this stage," said Kirzner, the John H. Watson chair in value investing at Rotman. THE CANADIAN PRESS



Just like the boomers, VW's hippie bus is retiring

It carried hippies through the 1960s, hauled surfers in search of killer waves during endless summers and serves as a workhorse across the developing world, but the long, strange trip of the Volkswagen van is ending. Brazil is the last place in the world still producing the iconic vehicle, or "bus" as it's known by aficionados, but VW says production will end Dec. 31. Safety regulations mandate that every vehicle in Brazil must have air bags and anti-lock braking systems starting in 2014, and the company says it cannot change production to meet the law. Although output will halt in Brazil, there should be plenty of VW vans rolling along for decades, if only because there are so many, and they are so durable. VW produced more than 10 million Volkswagen Transporter vans globally since the model was introduced 63 years ago in Germany, though not all resemble the classic hippie machine. THE ASSOCIATED PRESS FILE

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\$6.10

Lowest stock price, on Sept. 24, 2012

\$9

Stock price of Fairfax offer per share on Monday

80M

Highest number of subscribers



72M

Current number of subscribers

20,000

All-time high number of employees

8,200

Number of current employees (after Sept. 20 layoff announcement)

Market Minute



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TSX

12,811.20 (+4.73)



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\$103.59 US (-\$1.16)



GOLD

\$1,327 US (-\$5.50)

Natural gas: \$3.60 US (-0.9¢)
Dow Jones: 15,401.38 (-49.71)

TOUGH TO KEEP UP IN TECH AGE

Five hours. That's the approximate amount of time I lost this weekend thanks to Apple's iOS7 update. I spent about 45 minutes downloading the new software on my iPhone and an entire afternoon trying to figure out how to use it.

Apple's website bills the new mobile operating system as a "lively and intuitive interface" with more than 200 new features to make your mobile life easier and more enjoyable. But unless you're an Apple employee or an iPhone fan-boy, it will take you some time to familiarize yourself with the new interface. And for every additional candle on your birthday cake, the learning curve is exponentially steeper.

Like all new forms of technological progress, iOS7 offers plenty of new features that you never actually wanted but soon enough you'll wonder how you ever lived without them. I updated my phone less than 48 hours ago and yet I can't imagine going back to a time before



SHE SAYS
Jessica Napier
metronews.ca

I had the option to customize my vibration alerts and select from a variety of live photo filters before snapping a selfie.

A host of updated apps and tools have now been unleashed into the world in an effort to make our lives more streamlined. Thanks to the many built-in apps, my device has become a calculator, a camera, a level, a flashlight, a compass, a stopwatch and, yes, occasionally I might even use it as a phone.

While digital advancements might be rendering certain physical objects obsolete (provided your battery life holds out), outdated technology has a way of lingering around in a referential sort of way.

I've always thought it was funny that many smartphone icons have been designed to resemble their ancestral counterparts. Years after it became obsolete, the floppy disk continues to be memorialized as the "save" button on all

Microsoft products. Similarly, email icons appear as a hand-delivered envelope, the ubiquitous green call button mimics an old telephone handset, and the draining battery symbol resembles a classic AA.

Future generations might never even realize that these icons actually represent outdated tangible items. They will never know what it is like to live in a wired world of landlines and dial-up Internet. In their reality, swipes and taps will have replaced mouse clicks, every smartphone will have a built-in retina scanner (fingerprints are so 2013) and hipsters will show off their ironic collections of keyboards and other desktop computer relics.

For now, I'm still trying to navigate the Technicolor dream world that is iOS7.

Sure, the vibrant interface is a bit too cheerful and the 3D parallax wallpaper is giving me motion sickness, but all early adopters know that it always takes a while to acclimatize to a new land.

Follow Jessica Napier on
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ZOOM

Making a beeline for the honey



H & H-J KOCH/SOLENT NEWS

Bees link bodies to repair comb

In a remarkable shot of teamwork in the natural world, a colony of honey bees link their legs together so they can repair the gaping hole in their honeycomb. Heidi and Hans-Jürgen Koch captured the insects' extraordinary effort at an apiary in the University of Würzburg in Bavaria, southern Germany.

METRO

Q and A

Bee chains—a 'mystery'

HEIDI AND HANS-JÜRGEN KOCH
Photographers, both 56, from Goosefeld, Germany

What exactly are the bees trying to do?

They are making chains with their bodies so they can repair a honeycomb. But for scientists it's still a mystery why they actually do this — it's a gaping hole within research. For about two hours they were forging a line in a vain attempt to fill the hole.

When the wind would blow, the bees would scatter. But as soon as it died down, in a flurry the bees would return to build.

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Love it or hate it, iOS7 is here to stay. While many are still waiting for the kinks to be worked out of Apple's latest iPhone and



GETTYIMAGES

iPad operating system, the brave who have taken the plunge offer a glance at what to expect with the new upgrade — so you know just what you've been holding out for.

Blocking:

Finally, Apple gets it. You don't want to hear from your ex-lover, former boss or a telemarketer ever again. Now, with the blocking function, you don't have to.

Time stamps:

Find out exactly when individual messages were sent with the new time stamp feature. No more guessing.

Photo filters:

If you've started to get a tad paranoid about putting all your selfies on Instagram, the new iOS has a built-in photo filter feature. Goodbye #Instagram.

Wish list:

Want an app but don't want to shell out for it just yet? Add it to the new iOS7 wish list.

Letters

RE: Coca-Cola Apologizes For 'You Retard' Bottle Cap, published Sept. 19

I would like to express my gratitude to all those involved in producing the article and bringing the widespread issue of social inequality to the attention of the public.

An incident that could have easily been passed by was brought to the attention of all the readers of your newspaper and will now be in the back of their minds as they go through their days, weeks, and lives.

Coca-Cola, a world renowned

supporter of all types of people in all walks of life, has made a mistake that should cause a serious problem for the company. The fact that this was done as part of a promotion that takes our two official languages and puts them together is appalling.

The link between the two languages should be a cause for celebration, appreciation, acceptance and a sign that our country is moving forward towards a place where everyone is accepted regardless of their language, race, sexual orientation, beliefs and abilities.

Lindsay Qualtrough
Scarborough, Ont.

WE WANT TO HEAR FROM YOU:

Send us your comments: ottawalatters@metronews.ca



Don Jon, Joseph Gordon-Levitt's directorial debut, couples a novel pun with a novel complication. The star plays a modern reinvention of the legendary lothario, a New Jersey gym rat with a porn addiction that may hamper his blossoming relationship with his breathtaking co-star Scarlett Johansson. Rom-coms that defy fluffy conventions are rare beasts. We line up the best of this sparsely populated sub-genre.

MIKE DOJC



Shallow Hall

(Jack Black, Gwyneth Paltrow) — Hal is a superficial to the nth degree kind of guy. Hypnotized by Tony Robbins to see only inner beauty, he falls head over heels for a 300-pound woman. The story arc may ride the traditional rom-com waves of emotion, but it does so while simultaneously skewering the genre thanks to the Farrelly brothers' bold and brave brand of funny business.

5

Out of the box rom-coms



Safety Not Guaranteed

(Aubrey Plaza, Mark Duplass) — A cynical journalist with a couple apathetic interns investigates a kooky classified ad placed by an alleged time traveller who is seeking a sidekick for a mission into the past. This smart and imaginative film manages to imbue weighty relationship issues with an endearing warmth while weaving in serious doses of chuckles.



Silver Linings Playbook

(Bradley Cooper, Jennifer Lawrence) — The Hangover trilogy's breakout star shed his frat house rep with an Oscar nom worthy turn as a bipolar man released into his parents' care after an eight month stint in a mental-health facility. A gritty rom-com that eschews the hollow hallmarks of the genre by uniting a pair of truly damaged characters, Playbook focuses on serious relationship building rather than relying on cute contrivances.



Punch Drunk Love

(Adam Sandler, Emily Watson) — The Sandman is still very recognizable as an insecure, tormented sad-sack prone to bouts of rage. Only this time he's not a caricature and the overarching themes of loneliness and cathartic self-acceptance ring truer as a result. But throw in an extortionist sex phone line operator and a scheme to stockpile pudding to collect frequent flyer miles and you won't be needing a tissue box.



Lars and the Real Girl

(Ryan Gosling, Kelli Garner) — At the behest of a shrink, in order to get to the root of a deep-seeded psychological delusion, Lars' family and friends play along with his belief that a life-sized doll is a real woman that he's in a committed relationship with. Instead of being tempted by cheap gags, the movie doubles down on tenderness as town folk play along in an effort to free him of his social anxiety.

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When it's just you and a crazy Hugh

Paul Dano. Actor talks filming intense torture scenes with Hugh Jackman in *Prisoners*

MATT
PRIGGE

Metro World News in New York

Paul Dano has eked out a career for himself playing repressed, often strange characters, including his breakthrough as the willfully mute son in *Little Miss Sunshine*. His *Prisoners* turn may be his oddest yet: He plays a mysteriously remote young man who lives in an RV and may either be involved or know something about two girls who were kidnapped. He spends most of the film locked in an abandoned house, tortured to no end by one of the girls' hothead fathers (Hugh Jackman).

It's not immediately apparent what's wrong with the character you play: Is he mentally slow, or is there some horrible trauma? How do you play that, and how do you play that without giving the ending away?

When you first read it he's a bit of a mystery. How did a person end up like that? That's the fun puzzle for me as an actor. I looked at him as a wounded animal. You don't know what happened to him before the film begins, so you build a fully realized person, even though the audience may not learn everything about



Prisoners, starring Hugh Jackman, left, and Paul Dano, is playing now.
CONTRIBUTED

12 Years a Slave

On the other Steve McQueen. Dano also has a small but key role in *12 Years a Slave*, director Steve McQueen's forthcoming adaptation of the memoirs of Solomon Northup, a free black man who was kidnapped and enslaved in the mid-19th century. It gave him a chance to put McQueen (Hunger, Shame) on his list of great directors he's worked with (including Paul Thomas Anderson, Richard Linklater, Ang Lee and Kelly Reichardt). "We all had a hunch (McQueen)

would make a film about slavery in America that hasn't been made before. That's exciting to me as an actor and as an audience member," Dano says. Not that he was immediately thrilled to play one of the film's most hissable characters: a slave driver who hurls epithets and whips at Northup (Chiwetel Ejiofor). But it was a good challenge. "With characters who act a certain way you may not agree with, you find this strange empathy," he says.

the character. You want the internal life to be as complete as possible. Every unspoken word is as important as each spoken word.

Your scenes with Hugh Jackman have an intensity to them that's hard to take. What was it like filming those scenes?

Hugh is such a kind man; he's such a good man. Trust is one of the biggest things, no matter what kind of film you're making. We trusted each other and our director. Safety allows us to be more dangerous. There's a part where Hugh puts a hammer in the wall right next to my head, after he destroyed a sink. The sink was planned, and we had done the scene a few times. On one take Hugh put the hammer next to my head, totally unplanned. And then my character fainted. That was a great moment that just happened.

Do you have a regular method for getting into and

out of characters like this?

Honestly each time it's different. Sometimes you need to stay with it. You have to figure it out each time. For this, I wasn't filming every day, which actually made it harder, I think. We delude ourselves — that's our job. When you're in the middle of a scene you get lost. Sometimes when you finish a day, looking back on it, it can feel like a fever dream.

Was it the subject matter or who was making it that drew you into the film?

The script was a page-turner, but then you have to know whose hands it's going into. After watching Denis (Villeneuve)'s films, there's a lot of humanity in his work, even though it's dark. I knew we were making a film that explores what real violence is like. You feel empathy for a character, then question what they're doing, or you feel anger for a character, then sympathy for them.



Jennifer Baichwal travelled to 10 countries to investigate human interaction with water. CONTRIBUTED

Leaving her mark on a story about water

Documentary. Canadian filmmaker examines our complex relationship with a precious resource

STEVE GOW
scene@metronews.ca

Back in 2006, director Jennifer Baichwal hit on something very special when she followed acclaimed photographer Edward Burtynsky into China as he took some of the most visually striking pictures of industrial wasteland you'll ever see.

The result became the acclaimed documentary *Manufactured Landscapes* and garnered the director several awards.

"We always wanted to work together again," said Baichwal during the Toronto Film Festival.

"Ed was very intrigued by film and I think after *Manufactured Landscapes* he thought he wanted to be more involved from the beginning."

As such, Baichwal and Burtynsky (now as co-director) kept in contact and finally found their focus with *Watermark* — a stunning examination of the human relationship to our most treasured natural resource — water.

"It was the cinematic possibilities of water in all its different incarnations (that) came immediately to the fore," explained Baichwal of the film's origins.

"We thought about this theme of water and how humans have interacted with (and) shaped water and long for water — there's this sort of primal relationship there — and then tried to find as many existential moments that showed that as we could."

It wouldn't prove an easy task. *Watermark* would take more than five years to develop as the directing duo travelled across 10 countries to investigate everything from a polluting tannery in Bangladesh to the construction of the massive Xiluodu dam in China — all displayed with a non-didactic observer's eye but filmed in such a way to lend

Quoted

- **Baichwal on combining art and environmentalism.** "There are a lot of environmental films that have arguments to advance and they do that very well," said Baichwal. "But they have a very traditional format that I'm less drawn to."

the ecological madness a certain mystical beauty.

"One of the reasons that I've always kind of married art and environmental issues is (because) film is a visual medium," said Baichwal.

"If you can't find a way of conveying something that has visual power, it feels to me that maybe you should write a book about it (instead)."

Quoted

"It was the cinematic possibilities of water in all of its different incarnations (that) came immediately to the fore. We thought about how this theme of water and how humans have interacted with (and) shaped water and long for water — there's this sort of primal relationship there — and then tried to find as many existential moments that showed that as we could."

Jennifer Baichwal on

DVD review

World War Z

Director. Marc Forster

Stars. Brad Pitt, Mireille Enos, Daniella Kertesz

The undeniably magnetic Brad Pitt sprints over plot holes in this global zombie horror that would sink a lesser actor.

His combination of macho heroics and regular-guy empathy raises pulses and inspires rooting interest in a story that is otherwise filled with howlers, and not just the undead kind.

Pitt's resourceful Gerry Lane somehow manages to find clear highways when all others are clogged with fleeing humans. He travels to zombie zones to acquire info that a telephone call or email could have supplied. He makes deductions that would leave Sherlock Holmes scratching his head.

But he keeps moving — his battle-tested motto is "movement is life" — and he carries us with him. The zombies seem to abide by the same dictum, since they sprint, climb and leap like undead Olympic athletes, especially in one amazing scene where they breach Israel's border wall.



Brad Pitt's *World War Z* would fell a lesser actor. CONTRIBUTED

Director Marc Forster's adaptation of the 2006 best-seller by Max Brooks retains the global zombie pandemic angle but dispenses with the past-tense multiple voices of the source novel. The reductionism is under-

standable, though, because you'd need a TV miniseries to get everything in.

Extras are Blu-ray only. They include the unrated version of the film and multiple making-of featurettes.

PETER HOWELL



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Miley Cyrus. ALL PHOTOS GETTY IMAGES

Bling it back: He put a ring on it, and it may not be returning

The engagement may be off, but Miley Cyrus is apparently keeping the ring. Cyrus is said to still be hanging onto the hand-cut 19th century ring — estimated to be worth about \$100,000 — that Liam Hemsworth gave her, accord-

ing to E! News. "The ring has not been returned to the jeweler, Neil Lane," a source says. "Generally, the protocol is for the bride to keep the ring. It's up to her whether or not she wants to return it or keep it as a memento."

The Word



Biggest blunder or best-ever Emmy speech?

MELINDA TAUB
Metro World News

Merritt Wever won best supporting actress in a comedy Sunday night at the Emmys, and her acceptance speech was one for the books.

"Thank you so much," she said. "Um, I gotta go." And then she went, as though the Emmy audience were a bad blind date and

she was slipping out of a coffee shop.

What would lead an actress to shrug off her moment of glory without thanking everyone they'd ever met?

Sounds like the Nurse Jackie star just had a good old-fashioned freak-out. "It's hard to do those," she said backstage after the show, according to Variety. "I don't know how to feel yet. ... I have therapy next week."

So reporters should probably wait outside her therapist's office if they want to finally hear her thank her publicist.

Or we could all just agree her speech was awesome?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Michael Douglas

Michael thanks his wife despite turbulent times

While Michael Douglas was collecting an Emmy for his work in *Behind the Candelabra*, his estranged wife, Catherine Zeta-Jones, made her first public appearance since they announced their separation, walking the red carpet in Qingdao, China to celebrate the announce-

ment of a new \$5 billion film studio to be built there, according to TMZ. Douglas was gracious enough to mention her in his acceptance speech, though, saying, "I want to thank my wife, Catherine, for her support" while still sporting his wedding ring.



Laura Prepon

Prepon knew her pals were meant to be

Mila Kunis and Ashton Kutcher's former *That '70s Show* co-star Laura Prepon "wasn't surprised" when Kunis and Kutcher began dating last year, telling *Us Weekly* that it's "incredible" to see them together. In fact, she confirms that way back when they made their sitcom, Kutcher was actually Kunis' first kiss — on-screen or off. "He was, he was," she says. Prepon also believes that, should what appeared to be an engagement ring on Kunis' finger this month lead to a wedding, she'll get an invitation. "Obviously if people wanted us there — which she would because we're all family — then of course I would be there," she says. "We support each other no matter what."

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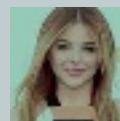
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My stomach hates me for the pizza I ate today

Popped a molly, now I'm sweating and now I'm dead

Drugs. Pop culture have people thinking molly is a safe drug but the reality couldn't be farther from the truth

MEREDITH ENGEL

Metro World News

Ecstasy has long been a popular club drug, but its molecular form — dubbed “molly” — is going through a surge in popularity these days.

Miley Cyrus sings about dancing with molly in her song We Can't Stop, and a series of deaths from the drug in the past two weeks is being linked to a possible bad batch sweeping the U.S. East Coast.

Young people love it because they seem to think it's a purer (and therefore safer) form of ecstasy, says Dr. Travis Stork, an emergency physician and host of TV's The Doctors, which just premiered its sixth season. But that “could not be further from the truth,” he says.

“The young adult culture that's embracing (this) has this false sense of security that it's safe,” says Stork. “Especially when it's in a powder form. The truth is you have no idea what's really in it.”



Taking a molly has some severe risks. ISTOCK PHOTOS

As a stimulant, molly revs up bodily functions — everything from metabolism to heart rate to blood pressure to brain function.

Even though it's in the same drug category as caffeine, taking molly is not like just drinking a giant mug of coffee.

Molly also has a psychedelic element to it, one that can cause hallucinations and feelings of euphoria and in-

vincibility.

The consequences of that high include a spike in heart rate and blood pressure, hyperthermia (when the body overheats), hyponatremia (a major sodium imbalance in the body) and seizures, all of which can be fatal.

Stork urges parents to speak to their children about the drug before their peers start the conversation.

“There's so much mis-

information out there amongst kids, and obviously we know that kids are willing to say or believe anything,” he says. “My advice is have an honest conversation about drugs with your kids before their friends do in a respectful, trusting way, because once that conversation's been had, if it's been had by someone else, it could be too late.”

There's no “right” age to start that dialogue, he adds



Miley Cyrus' recent song has helped to popularize the use of the drug.

CONTRIBUTED

— it's about knowing your child, being involved in his or her life and keeping your ears open.

“If you're worried about someone else having the conversation with your child, that's the time to have the conversation,” he says. “As a parent, it can be uncomfortable to bring these things up — just like the conversations about sex can be difficult to bring up — but they can also be incredibly, incredibly meaningful.”

3 LIFE

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Health research

Swearing away your pain

Don't listen to grandmothers bleating about manners: Not only is swearing fun, it has many health benefits. That's according to leading "swearologist" Dr. Richard Stephens, a psychologist at Keele University in England, who has shown swearing accelerates pain relief and explained his research into this interesting phenomenon.

What have you discovered?

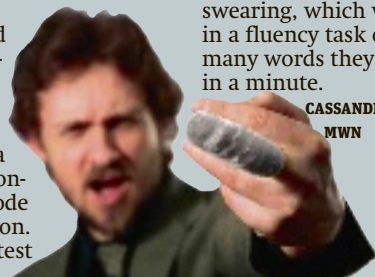
We showed that swearing is a form of emotional language, a more demonstrative mode of expression. Our latest test

showed how aggression can also help pain relief; we had subjects play violent video games or golf simulators, and then saw how long they could keep their hands in ice. The aggressive game players lasted longer.

Nice. What can swearing do for me, doc?

Mainly pain relief, but potentially stress relief, too. One researcher found that swearing altered moods and reduced irritation. We're also looking at whether being emotional makes you better at swearing, which we test in a fluency task of how many words they can say in a minute.

CASSANDRA GARRISON/
MWN



Fitness. Introducing SoulCycle, the indoor cycling workout where New Yorkers come to break and meditate

ROMINA
McGUINNESS
wellness@metronews.ca

Let's call this what it really is, a spinning class. And at \$34 for 45-minutes, a pricey one. So how did a simple trend suddenly become such a "thing" in fitness? SoulCycle is an "experience." A full-body workout with a mental component to it, instructor Danny Kopel tells Metro.

"Some people call it a slutty sanctuary. The lights



Ride like the wind. CONTRIBUTED

are dimmed throughout and at a certain point, everything goes dark and there'll be candles around the instructor. In a city like New York, the fact you're in a setting that's conducive for your brain to relax and getting a workout is key," he explains.

Riding to the beat

What makes Soul Cycle unique is the music, which, depending on the instructors' mood that day, ranges from country to electronica.

"Music is the best kind of distraction. During class, you

ride at different tempos and levels of resistance, incorporating dance moves, upper body and core exercises as you go along," says Kopel. "During a slower tempo, you might be climbing heavily to Céline Dion but then running out of the saddle to Kanye West. We encourage people to ride with no self-consciousness, to lose themselves in the music."

The body: why it's a calorie burner

Don't go thinking this is an

SoulCycle playlist

by Danny Kopel

- Royals. Lorde
- Sweet Dreams Original Mix. Stereo Express
- Dill the Noise. Dillon Francis and Kill the Noise
- Symphonica (Original Mix). Nicky Romero
- Shave it Up (Extended Mix). Zedd
- I Like That (Dave Aude Trip Remix). feat Luciana, Richard Vission & Static Revenger
- Feeling Good (Bassnectar Remix). Nina Simone
- Dance the Pain Away (feat John Legend) (Alex Gaudino & Jason Rooney Remix). Benny Benassi

easy ride: this is intense.

"You're powering with your legs and during the upper body exercises you're lifting one-to-five-pound hand weights. It's classic interval training, which is the best way to fire up your metabolism," says Kopel.

But the real reason Soul Cycle has caught on so fast is down to one thing — calories.

A 45-minute session can burn anywhere between 450 calories up to 700.



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Kaitlyn

Country twist on comfort food



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This is a wonderful comfort stew as the weather gets cooler. Leg of lamb is a great cut of meat for this stew but feel free to substitute top sirloin beef. If you use stewing beef you will have to simmer the stew longer until the meat is tender.

1. In nonstick saucepan, heat 2 tsp of oil over medium-high heat. Dust the lamb cubes in the flour and add to the saucepan. Cook for 5 minutes or until well-browned on all sides. Remove lamb from saucepan.

2. Blanch the pearl onions in a pot of boiling water for 1 minute; refresh in cold water and drain. Peel and set aside.

3. In same saucepan, heat remaining 1 tsp oil over medium heat; add garlic, mushrooms, leeks, carrots, bell peppers, zucchini and pearl onions. Cook 10 minutes or until softened, stirring occasionally. Stir in tomato paste and wine. Return

Lamb Vegetable Stew with Garlic Mashed Potatoes



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

lamb to saucepan along with tomatoes, stock, rosemary, bay leaf and salt and pepper. Bring to a boil, cover, reduce heat to medium-low, and simmer for 25 minutes or until carrots and meat are tender.

4. Meanwhile, put potatoes in saucepan with water to cover; bring to a boil and cook 15

minutes or until tender when pierced with knife. In nonstick skillet, melt margarine over medium heat; add garlic and onions and cook 4 minutes or until softened. Drain cooked potatoes and mash with chicken stock and sour cream. Stir in onion mix and salt and pepper. Place potato mix on large serving platter and pour stew over

Ingredients

- 3 tsp vegetable oil
- 12 oz leg of lamb, visible fat removed, cut into 1-inch cubes
- 3 tbsps flour
- 1 cup pearl onions
- 2 tsp minced garlic
- 1 1/2 cups sliced mushrooms
- 1 1/2 cups chopped leeks
- 1 cup sliced carrots
- 1 cup chopped bell peppers
- 3/4 cup sliced zucchini
- 1/4 cup tomato paste
- 1/3 cup red or white wine
- 2 cups chopped tomatoes
- 2 cups beef or chicken stock
- 2 tsp dried rosemary
- 1 bay leaf
- Salt and pepper to taste

Mashed Potatoes

- 1 1/2 lb potatoes, peeled and quartered
- 1 tbsps margarine or butter
- 1 tbsps minced garlic
- 1 cup chopped onion
- 1/2 cup chicken stock
- 1/3 cup light sour cream
- Dash of salt
- 1/4 tsp ground black pepper

top. ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN

Health Solutions

Honey, honey



NUTRI-BITES
Theresa Albert
DHN, RNC
myfriendinfood.com

You know honey is good for you but you don't know why or what to look for, right?

Hugh Simpson is an artisanal beekeeper in Collingwood, Ont. (ospreybluffs-honey.ca) and he busts some honey myths.

Myth: When honey crystallizes it spoils

• Honey never spoils. Crystals are caused by sugars combining and forming together. It is actually good because it tells you your honey has never been heated. Just immerse the jar in boiled water and let sit to reverse the "problem."

Myth: Pasteurizing makes honey healthier

• It does the opposite in that it adds heat,

which kills the enzymes that provide a health benefit. The true honey lover wants the crystals, which indicate a less processed product.

Myth: Squeeze bottles are best

• While it may feel easier to squeeze a dollop, you really want to purchase your honey in glass jars. If only so you can uncrystallize easily without risking plastic leaching.

Myth: Honey colour means nothing

• The colour of honey is a function of nectar source. The darker the colour, the more intense the taste. Light honey comes from canola or

basswood. Orange honey's bees are fed on dandelions. Multifloral honey is mid-season and mid-colour. Late season is richer because of wild flowers like goldenrod. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Spike Dutch Baby with sausage and apples

Ingredients

- 3 eggs
- 1/2 cup all-purpose flour
- 1/2 cup milk
- 1/4 cup plain Greek yogurt
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- Pinch salt
- 1 lb loose breakfast-style pork sausage meat
- 3 medium apples, divided
- 1 small yellow onion, diced
- 1 tbsps sugar
- Maple syrup, to serve

A basic Dutch baby is a common baked pancake. This recipe alters it with crumbled breakfast sausage and chopped apples, a delicious and filling combination that blends savoury and sweet flavours.

1. Heat the oven to 400 F.

2. In a blender, combine the eggs, flour, milk, yogurt, vanilla, cinnamon and salt. Blend until very smooth, then set aside. Alternatively, the batter can be made in a bowl using

a whisk.

3. Coat a large cast-iron or oven-safe non-stick skillet with cooking spray, then heat it over medium-high. Add the sausage and cook, breaking up the meat, until just starting to brown, about 10 minutes.

4. Meanwhile, peel and core 2 of the apples, then cut them into 1/2-inch chunks. Add the cut apples and onion to the skillet, then sauté until they are just tender, about 6 to 8

minutes. Spread the sausage-apple mixture evenly over the bottom of the skillet and remove the pan from the heat.

5. Core the remaining apple, then cut it crosswise into very thin slices. A mandoline is

best for this, but a food processor or careful knife work is fine, too.

6. Pour batter evenly over sausage-apple mix. Tilt pan as needed to ensure it spreads evenly. Arrange apple slices

over the top of the batter; it's fine if they overlap. Sprinkle the apples with the sugar, then bake for 20 minutes.

7. To serve, slice into wedges and drizzle with maple syrup. THE ASSOCIATED PRESS



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

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Resist the urge to set the agenda when travelling with another couple. ISTOCK

When four becomes one: How to travel with another couple

The more the hairier?

Travelling as a couple can be tough but a foursome is tougher; here are some tips to make it easier

MIKE
DOJC

life@metronews.ca

Maybe you've mastered the art of travelling as a couple. But the same rules don't apply when travelling in a foursome. Back in the '90s, the Spice Girls wrote the rules of engagement for when 2 Become 1, but what about when four become one? The more the merrier could be amended to the more the hairier. Here's how to double up without doubling the drama.

Itinerary integration

The key to a stress-free co-coupling vacay is to assure that nothing is compulsory. Once you make the decision to hit a destination in tandem, there's an expectation that group outings will be de rigueur. Proclamations like, "We're in Paris; we simply must spend at least one day touring the Louvre and soaking up the art" can be fighting words. Resist the urge to set the agenda. Instead, seek common ground on your sightseeing wish list and split up the rest of the way.

Dining deliberation

Deciding where to eat at home can grease the flames of debate. Add another set of palates and a limited time frame to sample the local cuisine and suddenly there's a ravenous debate raging on the

trustworthiness of UrbanSpoon ratings versus Zagat restaurant reviews. Avoid a fork fight over who has got the most inspired sea bass in town and achieve dining détente by allowing a third party, perhaps the concierge, to reserve a table for four.

Requisite relaxation

Much vacation time is spent lazing by the pool, sipping pina colodas and just generally doing nada. The art of sloth increases in complexity when more people are invited into the mix. Staking out one umbrella isn't too difficult, but hunting for a spot to accommodate four can be tricky — especially if you are holidaying during the busy season. Don't settle for subpar real estate. De-couple and reunite later once you've all had some sun.

SaladMatch. Spinach, tomatoes and a side of true love, please

You had me at "romaine." This could be the sound of the dating scene now that the New York City chain Just Salad has released its new dating app, SaladMatch.

Signing up is simple: You can download the app for free and connect through your Facebook account. Your Facebook profile picture is your SaladMatch picture. The only information you need to provide is salad preference, which

tion you frequent and what time. From there, SaladMatch finds other singles with similar tastes and lunch schedules.

Skeptical? Just Salad has actually been tossing salad lovers together for years, beginning with the launch of SaladMatch.com in 2010. The app, however, is brand new. The goal is to connect busy young professionals who lead healthy lifestyles.

Similar to Tinder, users can click "yes" or "no"

based on the profiles SaladMatch generates.

So, balsamic or ranch? There could be a lot more riding on that decision than you think. METRO

Who could you meet while chowing down on your favourite salad?

ISTOCK

Feel free to quote him on that, it's been done 1,000 times

Former maintenance worker Greg Packer has been quoted more than 1,000 times in media reports, at everything from iPhone launches to Whitney Houston's funeral. He has met four presidents and three popes, and became so pervasive that The Associated Press sent a memo to reporters to stop quoting him, which he considers one of his main achievements. Following a film Packer made, we became the latest publication to feature him.

We've got to ask: What's the appeal of being quoted so many times?

It's a combination of the event, the news event around it, and being out and about in different, exciting places.

How do so many of your quotes make it into reports?

There's no guarantee and I'm shocked how often it happens. I think it's a combination of enthusiasm, truth and giving reporters a chance to present their story.



Most quoted "man on the street" Greg Packer (in the hat) holds first in line for the Apple iPad in 2010. GETTY IMAGE

In all the years you've been doing this, what is the best story you have been in (apart from this one)?

The iPhone queue was one of my favourites because it's such a popular event. Another was in 1996 when I was second in line for World Series tickets.

Have you ever wanted to work in media?

Yes it crossed my mind, but I never pursued it.

Does anyone else do what you do?

I haven't come across any but it wouldn't shock me if I had imitators.

If you could have the pick of any newspaper or TV show, would you most like to appear on?

I would love to appear on Letterman or the BBC in London. I'll just keep getting out there and maybe I'll get the call, just like you called me! METRO WORLD NEWS

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NEWS CANADA



Hungry and hip: Fleeting junk foods in high demand



Chef Dominique Ansel prepares a batch of Cronuts. THE ASSOCIATED PRESS

So maybe the chance to taste the flaky spawn of a doughnut and croissant won't get you lining up at the crack of dawn. Maybe you're holding out for a burger nestled between fried ramen noodles. Or perhaps it's the elusive McRib that moves you.

Whatever floats your foodie boat, it's hard to deny that North Americans love feeling part of something deliciously exclusive, that they clamour to taste trendy, hard-to-get morsels.

"It's very much getting that badge of honour," Tanya Steel, editor-in-chief at Epicurious.com, says of recent food crazes that have seen people lined up for hours to get a so-called Cronut or ramen burger. "It's

the trophy mentality. They can brag to their friends and family, and say, 'It's great, it's not so great.' It gives you bragging rights."

In New York, people line up in the wee hours to wait for a chance to get one of pastry chef Dominique Ansel's trademarked (really!) treats. He makes just a few hundred a day and scalpers are known to work the line.

But this is bigger than New York. In Washington, D.C., Georgetown Cupcake often opens with hundreds of customers already waiting. In Portland, Ore., people try to beat the clock at VooDoo Doughnut. In Chicago, you can join the mob at the Doughnut Vault or at Kuma's Cor-

ner, where the hamburgers are named after heavy metal bands. Austin has Franklin Barbecue, Los Angeles has the Kogi Korean taco truck and San Francisco has — no fooling — lines for toast. So why do we do it?

Scarcity — whether real or manufactured — drives people toward food trends, savvy observers say. On a recent day in Los Angeles, 1,000 people lined up to try to get one of 500 ramen burgers, a Brooklyn-born treat featuring a hamburger cradled between two stacks of fried soup noodles.

"It's really an old thing from the playbook of marketing," says Richard Martin, editorial director at FoodRepub-

lic.com.

"Do you want to create that limited edition buzz around a product or offer it up to as many people as want it?"

In a world where so much has been tried, tested and exploited on reality TV and elsewhere, hunger for the next new thing also plays big into keeping trends like the Cronut and the ramen burger going.

"We like things that are fleeting. We like to experience what's new," says Dana Cowin, editor-in-chief at Food & Wine magazine. "A great steak house is just not the same thing as tasting something that has just been created yesterday. ... It's part of our undying quest for the new."

THE ASSOCIATED PRESS



A WIDER VIEW OF PROJECT MANAGEMENT

CONTRIBUTED

What makes a project successful? What project management (PM) tools and methods are available?

Telfer School of Management Prof. Lavagnon Ika says the working assumption that all projects are similar makes it

possible to impose standard PM controls and processes. But this misconception may be doing real harm when projects with high levels of complexity and uncertainty inevitably do not evolve exactly according to plan, says Ika, who has

taught project management over the past 13 years at the B.Comm and master's levels in both French and English.

"The rigid application of project management methods consistently gets projects into trouble."

One of the main takeaways from his research is that "hard aspects" of PM, such as time and cost, are emphasized at the expense of "soft aspects" like communication, motivation, project vision, context, and organizational strategy. The soft issues that can't be understood quantitatively are overlooked prior to the execution phase.

Adopting a "one-size-fits-all" approach and ignoring the role of cultural issues in PM plague other types of projects, too. Project management professionals have to learn a lot about the complexity and uncertainty of the projects they take on, and, at the same time, they need to be aware of the environment in which they are working.

To read the full article, please visit telfer.uOttawa.ca/PM.

The Telfer School's graduate programs allow students to master hard and soft aspects of project management while working with key industry associations and vital public sector organizations that enables them to learn directly from an array of brilliant executives, entrepreneurs and business owners. See how the Telfer School of Management can help you achieve more at its annual open house.

For more about the open house, see telfer.uOttawa.ca/OpenHouse2013.

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Bird put to task

Pacers look to lock up George

Indiana Pacers president Larry Bird put away his golf clubs Monday and went back to work trying to sign star swingman Paul George to a long-term contract.

If they don't reach a deal with George, the NBA's most improved player last season, he could become a free agent next summer.

Yahoo! Sports reported that George and the Pacers were nearing agreement on a five-year, \$90-million contract. **THE ASSOCIATED PRESS**

Don't call them Queens

Shaq secures stake in Kings ownership

Shaquille O'Neal is joining the ownership group of the Sacramento Kings.

The Kings announced Monday that O'Neal has acquired a minority stake in the team under new owner Vivek Ranadive. The Kings will introduce the four-time NBA champion at a news conference Tuesday in Sacramento.

THE ASSOCIATED PRESS

100th week anniversary

Djokovic reaches milestone as No. 1

Novak Djokovic is marking his 100th week at No. 1 in the ATP rankings.

The 26-year-old Serb is the ninth player to reach the milestone, joining Andre Agassi (101 weeks), Rafael Nadal (102), Bjorn Borg (109), John McEnroe (170), Jimmy Connors (268), Ivan Lendl (270), Pete Sampras (286) and Roger Federer (302).

THE ASSOCIATED PRESS

10-game ban. Clarkson's Leafs debut pushed back

Toronto Maple Leafs forward David Clarkson has been suspended 10 regular-season games without pay for leaving the bench to take part in a fight.

Clarkson's move to join the fight Sunday during Toronto's 5-3 win over the Buffalo Sabres will delay his Leafs debut until Oct. 25 at Columbus.

The six-foot-one, 200-pound right-winger was coming to the defence of Phil Kessel after Sabres enforcer John Scott tried to instigate a fight with

the Leafs star in the third period.

Clarkson was assessed a game misconduct penalty before being handed the automatic suspension Monday.

Clarkson, who signed a \$36.75-million US, seven-year contract with Toronto in the off-season, will forfeit \$269,230.80 of his salary.

The Leafs are still waiting to see if Kessel, who was issued a match penalty during the game, will receive further discipline. **THE CANADIAN PRESS**

Winger signs with Leafs

Raymond makes most of tryout

The Toronto Maple Leafs have signed left-winger Mason Raymond to a one-year deal.

Raymond, who went to training camp on a professional tryout agreement citing the "opportunity" available, will reportedly make \$1 million US. The 28-year old is likely to slide in on the Leafs' third line. He had 10 goals and 12 assists in 46 games last season for the Vancouver Canucks. **THE CANADIAN PRESS**



The Senators celebrate a goal scored by Clarke MacArthur, second from left, against the Flames on Sept. 16 in Saskatoon. LIAM RICHARDS/THE CANADIAN PRESS

MacArthur counted on for experience

Big skates to fill. Sens hope veteran winger can fill void left by Alfredsson's departure

Given the tumultuous off-season in Ottawa, forward Clarke MacArthur has flown under the radar since signing with the Senators as a free agent this past summer.

MacArthur, who spent the last three seasons with the Toronto Maple Leafs, is expected to add some veteran experience and scoring to a second line that finds itself without the skill and leadership of Dan-

iel Alfredsson.

Alfredsson left the Senators to sign with the Detroit Red Wings, leaving a gaping hole to be filled. MacArthur, who signed a two-year deal worth \$6.5 million US, says he has no intention of attempting to replace Alfredsson. He is just hoping to find some chemistry with Kyle Turris and a yet to be determined right-winger and add some offence.

The Senators said they believed MacArthur had the potential to score 15 to 20 goals for them when they made the signing.

While he's not one to make bold predictions, MacArthur admitted he would love nothing

Lighting the lamp

93

A former third-round pick of the Buffalo Sabres, Clarke MacArthur has 93 goals and 213 points in 403 NHL games.

ing more than to find the offensive touch that allowed him to post back-to-back 20-goal seasons.

"The first two years in Toronto I had 20 goals and I want to get back to that kind of hockey," he said. "Getting an opportunity to play with (Turris) is great. He seems like a real solid two-way player and I'm excited

to have an opportunity there."

Over the course of the past three NHL seasons MacArthur has actually posted better numbers than Alfredsson, but it would be unfair to make any comparisons to the beloved former Ottawa captain.

MacArthur just wants to be the best he can be. Strangely enough, MacArthur now occupies Alfredsson's stall in the locker room.

"I like to get things done and be good defensively and I feel I can make offensive plays, but consistency is something everyone fights and this year I want to strive to be better with that," MacArthur said.

THE CANADIAN PRESS

Moving to St. Louis. Blues sign Morrow to 1-year deal

The St. Louis Blues have signed forward Brenden Morrow to a one-year contract, reported by multiple media outlets to be worth \$1.5 million US.

Morrow, who made \$4.1 million last season, had 25 points (12 goals, 13 assists) in 44 games with Dallas and Pittsburgh last season. He added two goals and two assists in 14 playoff games with the Penguins.

Morrow has 249 goals and 293 assists in 850 career NHL games. **THE CANADIAN PRESS**



Brenden Morrow signed a one-year deal with the Blues. GETTY IMAGES FILE



The Rays' James Loney gets doused with ice water by teammate Yunel Escobar after hitting a ninth-inning, game-winning home run off Orioles relief pitcher Tommy Hunter on Monday in St. Petersburg, Fla. CHRIS O'MEARA/THE ASSOCIATED PRESS

Rays take another step towards fall ball in Tampa Bay

MLB. Tampa moves one game ahead of Cleveland in battle for AL playoff berth

The Tampa Bay Rays are confident they'll play at Tropicana Field again this year.

Wil Myers tied it with a two-run single on a jarring play in the seventh inning then pinch-hitter James Loney stunned the Orioles with a leadoff homer in the ninth, and the Rays completed a four-game sweep that put a serious damper in Baltimore's wild-card hopes with a 5-4 victory Monday.

"You can feel it, you can't necessarily describe it, but it's there," Rays manager Joe Maddon said. "You know that

On Monday	
5	4
Rays	Orioles

your guys have that vibe going on. It's a good feeling."

The win pushed the Rays a game ahead of idle Cleveland for the top AL wild card. Baltimore fell five games back of the Indians with six games to go for both teams. Tampa Bay would host the wild-card game Oct. 2 if it holds its position.

The Orioles also lost all-star third baseman Manny Machado to a leg injury in the top of the seventh.

Machado's left leg buckled when he stepped on first base running out an infield single. He was taken off on a stretcher.

Baltimore manager Buck Showalter had no immediate update on Machado's injury as the team awaited test results. Machado will undergo an MRI on Tuesday.

"It's horrible," Maddon said. "That guy there, to me, Baltimore has really ascended over the last couple years and I really believe he's been at the cornerstone, the keystone of that whole thing. Hate to see that. This is a young man, a tremendous talent. You can see the effort level with them. This young man blows out his knee, possibly. You can see how badly they wanted it, too."

THE ASSOCIATED PRESS

MLB

Montrealers to toast 1994 Expos after 20 years

Montreal's baseball fans will get a chance to applaud the 1994 Expos for their memorable, strike-shortened season.

Former manager Felipe Alou has confirmed to The Canadian Press that he and other members of that dominant squad will be at an exhibition game next March at Olympic Stadium.

Alou says he doesn't know exactly what's planned but he'll be sure to make it up from the spring training camp of the San Francisco Giants, for whom he's a scout. He said the details still need to be ironed out with former Expos star Warren Cromartie, who is spearheading the event.

"I know he's trying to reach other players from that team, but I don't know who he got. He told me he'd be in touch after the season," Alou said in a phone interview.

A news conference is scheduled for Tuesday when Cromartie's Montreal Baseball Project will introduce some results of a feasibility study on baseball in Montreal. THE CANADIAN PRESS

NFL. Undefeated Dolphins get an extra day off to bask in unusual early success

As the Miami Dolphins prepare for a rare prime-time appearance next Monday night at New Orleans, the extra day between games will be welcome.

It gives the Dolphins a few additional hours to enjoy being 3-0, more time for an injury-depleted defence to mend, and another practice to address serious problems with pass protection.

The surprising Dolphins took another step toward ending their streak of four consecutive losing seasons by rallying past Atlanta 27-23 Sunday.

"We're making the most of the present, and hopefully we can snowball that into the future," said long snapper John Denney, whose nine years with Miami give him locker-room seniority.

The Dolphins have won their first three games 12 other times, and none of those teams finished with a losing record. Nine of them made the playoffs, and Miami's quick start has stirred speculation about a run to the post-season.

Such optimism is a big change in South Florida, because the Dolphins haven't been 3-0 since 2002, and they've reached the playoffs



Dolphins QB Ryan Tannehill has impressed in the opening weeks. MIKE EHRLMANN/GETTY IMAGES

only once since 2001.

Their statistics make their record a head-scratcher. They've been outgained by 158 yards, and their rushing attack (3.3 yards per attempt) and run defence (4.7) are both significantly worse than last year, when they went 7-9.

But they've shown a flair for big plays, something missing in recent seasons. They lead the NFL in red-zone scoring, and they've already come up with five interceptions, half of last season's total.

THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	95	62	.605	—
Tampa Bay	87	69	.558	7½
New York	82	74	.526	12½
Baltimore	81	75	.519	13½
Toronto	71	84	.458	23

CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	91	65	.583	—
Cleveland	86	70	.551	5
Kansas City	82	73	.529	8½
Minnesota	65	90	.419	25½
Chicago	61	94	.394	29½

WEST DIVISION				
	W	L	Pct	GB
Oakland	93	63	.596	—
Texas	84	71	.542	8½
Los Angeles	76	79	.490	16½
Seattle	68	88	.436	25
Houston	51	105	.327	42

Monday's results
Tampa Bay 5 Baltimore 4
Houston at Texas
Detroit at Minnesota
Toronto at Chicago White Sox
Oakland at L.A. Angels
Kansas City at Seattle

Sunday's results
San Francisco 2 N.Y. Yankees 1
Cleveland 9 Houston 2
Chicago White Sox 6 Detroit 3
Boston 5 Toronto 2
Tampa Bay 3 Baltimore 1
Kansas City 4 Texas 0 (10 inn.)
Seattle 3 L.A. Angels 2
Oakland 11 Minnesota 7

Tuesday's games — All Times Eastern
Chicago White Sox (Santiago 4-9) at Cleveland (Jimenez 12-9), 7:05 p.m.
Toronto (Redmond 4-2) at Baltimore (Tillman 16-7), 7:05 p.m.
Tampa Bay (Moore 15-4) at N.Y. Yankees (Kuroda 11-12), 7:05 p.m.
Houston (Peacock 5-5) at Texas (Darvish 13-9), 8:05 p.m.
Detroit (Fister 13-9) at Minnesota (Diamond 6-11), 8:10 p.m.
Oakland (Griffin 14-9) at L.A. Angels (Vargas 8-7), 10:05 p.m.
Kansas City (Chen 8-3) at Seattle (Paxton 2-0), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Atlanta	92	63	.594	—
Washington	84	72	.538	8½
New York	71	84	.458	21
Philadelphia	71	84	.458	21
Miami	57	99	.365	35½

CENTRAL DIVISION				
	W	L	Pct	GB
St. Louis	91	65	.583	—
Cincinnati	89	67	.571	2
Pittsburgh	89	67	.571	2
Milwaukee	69	86	.445	21½
Chicago	65	91	.417	26

WEST DIVISION				
	W	L	Pct	GB
Los Angeles	90	66	.577	—
Arizona	79	76	.510	10½
San Diego	72	83	.465	17½
San Francisco	72	84	.462	18
Colorado	71	86	.452	19½

Monday's results
N.Y. Mets at Cincinnati
Milwaukee at Atlanta
Philadelphia at Miami
Pittsburgh at Chicago Cubs
Washington at St. Louis
Arizona at San Diego

Sunday's results
Cincinnati 11 Pittsburgh 3
N.Y. Mets 4 Philadelphia 3
Miami 4 Washington 2
Atlanta 5 Chicago Cubs 2
Arizona 13 Colorado 9
L.A. Dodgers 1 San Diego 0
Washington 5 Miami 4
Milwaukee 6 St. Louis 4

Tuesday's games — All Times Eastern
N.Y. Mets (Niese 7-8) at Cincinnati (Leake 14-6), 7:10 p.m.
Milwaukee (Thornburg 3-1) at Atlanta (Garcia 1-2), 7:10 p.m.
Philadelphia (Miner 0-1) at Miami (Alvarez 4-5), 7:10 p.m.
Pittsburgh (Cole 9-7) at Chicago Cubs (Rusin 2-5), 8:05 p.m.
Washington (Gonzalez 11-7) at St. Louis (Wacha 3-1), 8:15 p.m.
Boston (Lackey 10-12) at Colorado (Chatwood 7-5), 8:40 p.m.
Arizona (Miley 10-10) at San Diego (Ross 3-8), 10:10 p.m.
L.A. Dodgers (Ryu 13-7) at San Francisco (Cain 8-9), 10:15 p.m.

CFL

WEEK 13

EAST DIVISION									
	GP	W	L	T	PF	PA	Pts		
Toronto	12	8	4	0	354	315	16		
Hamilton	12	6	6	0	316	329	12		
Montreal	12	4	8	0	285	349	8		
Winnipeg	12	2	10	0	251	368	4		

WEST DIVISION									
	GP	W	L	T	PF	PA	Pts		
Calgary	12	9	3	0	373	301	18		
B.C.	12	8	4	0	325	302	16		
Saskatchewan	12	8	4	0	376	282	16		
Edmonton	12	3	9	0	294	328	6		

Sunday's result
B.C. 24 Saskatchewan 22
Saturday's results
Hamilton 28 Montreal 26
Toronto 33 Calgary 27

NFL

WEEK 3

Monday's result
Oakland at Denver
Sunday's results
New England 23 Tampa Bay 3
Cincinnati 34 Green Bay 30
Cleveland 31 Minnesota 27
Baltimore 30 Houston 9
Tennessee 20 San Diego 17
Carolina 38 N.Y. Giants 0
New Orleans 31 Arizona 7
Dallas 31 St. Louis 7
Detroit 27 Washington 20
Miami 27 Atlanta 23
Indianapolis 27 San Francisco 7
Seattle 45 Jacksonville 17
N.Y. Jets 27 Buffalo 20
Chicago 40 Pittsburgh 23

MLS

Sunday's results
New York 1 FC Dallas 0
Friday's game — All Times Eastern
Philadelphia at Kansas City, 8 p.m.
Saturday's games
D.C. United at Toronto FC, 1 p.m.
Real Salt Lake at Vancouver, 7 p.m.
Houston at New England, 7:30 p.m.
Montreal at Chicago, 8:30 p.m.
Sunday's games
Los Angeles at Portland, 3:30 p.m.
Columbus at FC Dallas, 8:30 p.m.
New York at Seattle, 9 p.m.
San Jose at Chivas USA, 11 p.m.

Horoscopes

Aries

March 21 - April 20

Someone will try to provoke you in the hope that you will disgrace yourself in front of important people. Now that you know, you can control your feelings and pretend you are cool, calm and collected.

Taurus

April 21 - May 21

Don't let others push you too hard today. Taurus may be one of the most rugged signs but you have your limits. Know what they are and make sure you stay within them.

Gemini

May 22 - June 21

There are moments when the pieces in the jigsaw fit and you see the bigger picture. This is one of them. It's also one of those moments when you realize anything is possible.

Cancer

June 22 - July 23

Take what is on offer today, even if it is less than you were hoping for. If you hold out too long, there is a chance others will lose patience and pull back from the brink. It's a good deal.

Leo

July 24 - Aug. 23

What is right for you may not be right for someone else and it's important that you recognize that. If you expect someone you live or work with to like what you like then you will be disappointed.

Virgo

Aug. 24 - Sept. 23

What you own and what you earn is high on your agenda at the moment and will get even higher over the next few days. Find ways to boost your income and try to work it so that you help other people too.

Libra

Sept. 24 - Oct. 23

Whatever you start over the next few days you will have the power of the Sun behind you, which means you cannot fail. If you get a hunch then go with it and expect it to lead you to fame and fortune.

Scorpio

Oct. 24 - Nov. 22

Mercury in your sign will clear your mind of foolish ideas and make it easier for you to pursue a course that leads to material success. Fantasy can be fun, but reality has its pleasurable moments too.

Sagittarius

Nov. 23 - Dec. 21

If you think that life has been a bit tame, you will change your tune over the next few days. In fact, you may begin to wish that the pace of life was not quite so hectic. Too bad.

Capricorn

Dec. 22 - Jan. 20

Changes in your world will have a knock-on effect on your day-to-day affairs. Should you be worried? Not really, because in the long-term these changes can only make you stronger.

Aquarius

Jan. 21 - Feb. 19

Look beyond your everyday environment and discover places, people and ideas that expand your mind. Life is a fun learning experience, one that never ends.

Pisces

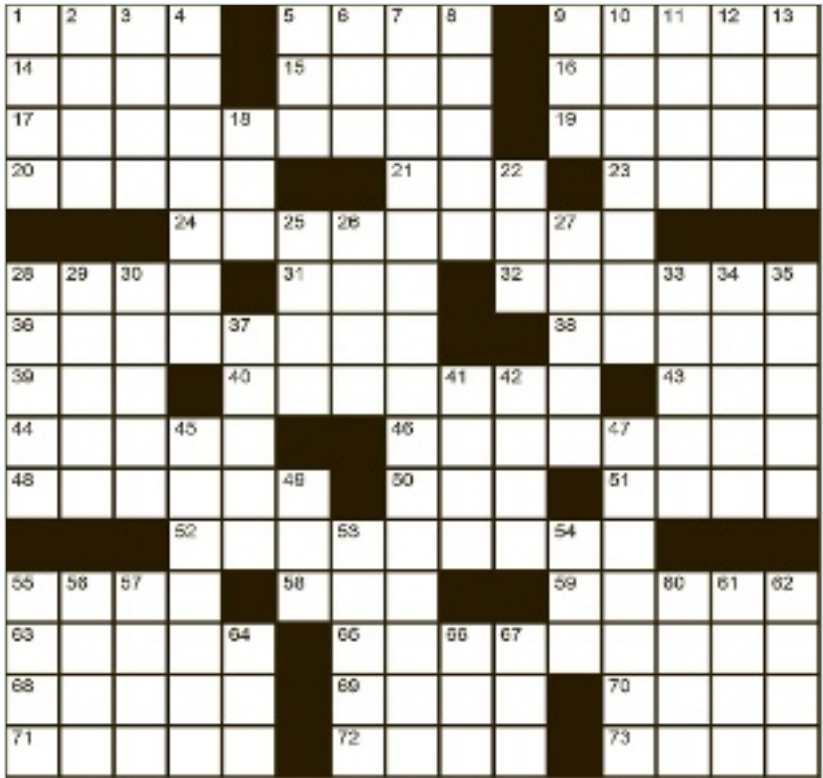
Feb. 20 - March 20

It won't be easy to keep your fears under control. Whatever happens, and whatever you imagine might happen, realize that in the greater scheme of things it's of no real importance. SALLY BROMPTON

Crossword: Canada Across and Down

Across

- 1. Farm enclosure
- 5. Mystique
- 9. Flight segment
- 14. Soldier's supply, shortly
- 15. Cast __ pan
- 16. Door: French
- 17. Write up a dosage for
- 19. Martian
- 20. Baseball inning
- 21. Groceries holder
- 23. Not different
- 24. Send to the wrong locale
- 28. 1812 Rossini comic opera, La Scala di __
- 31. Pique
- 32. Follower of The Way
- 36. Jeans brand
- 38. New Wave music instr.
- 39. Slot machine feature
- 40. Least favourable, as per scenarios: 2 wds.
- 43. Bambi's mom, for one
- 44. Someone sulking
- 46. " __ Rhapsody" by Queen
- 48. Greenery in houses
- 50. Pre-Traveling Wilburys gr.
- 51. Gets food
- 52. Glum
- 55. Eyeliner of ancient Egypt
- 58. Painting, for



- instance
- 59. Debated topic
- 63. Self-evident truth
- 65. Full belief to not doubt
- 68. Jumpy
- 69. Handwashing need
- 70. Country star, Vince __

- 71. Website's opening page word, sometimes
- 72. Cloth scraps
- 73. Airport scr. post-ings

- 2. Actor Mr. Katz
- 3. Sort of sign
- 4. "The __ Always Rings Twice" (1981)
- 5. Breathed-in stuff
- 6. Mr. Geller of spoon-bending
- 7. Toronto-born member of The Band: 2 wds.

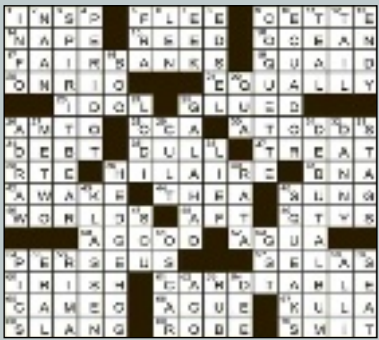
- 8. Approaching, archaically
- 9. Luxe lieu
- 10. Anna Karenina author Leo
- 11. Solo-moment song
- 12. Anything
- 13. Ms. Russo
- 18. Vital life energy

- 22. Understand
- 25. Sediment
- 26. Ms. Barrymore
- 27. Hereditary social class
- 28. Overwhelm, as with work
- 29. Movie star Mr. Flynn
- 30. Florida city
- 33. "A Passage to __" (1984)
- 34. Short-tailed weasel
- 35. Not nows
- 37. "Wayne's World" (1992) character
- 41. Throw the dice
- 42. Sole spot
- 45. Attach, as to a letter
- 47. Classic rap song: "The __"
- 49. Above __ level
- 53. De-chalk the chalkboard
- 54. Posh title
- 55. William's wife
- 56. Yoked pullers-of-plows
- 57. Bit of knowledge-able help
- 60. Miffed state
- 61. American sch. on the West Coast
- 62. Morays, and others
- 64. Sea: French
- 66. " __ Songs (Say So Much)" by Elton John
- 67. Booming times

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Yesterday's Crossword

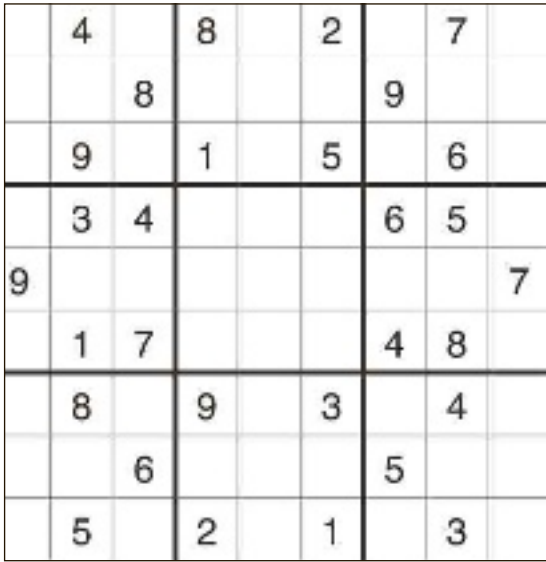


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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